

FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR
PAULA PARKER-SAWYERS, EXECUTIVE DIRECTOR



Don't spend your summer on the couch... Do something spectacular!

The LEAGUE, www.leagueworldwide.org, has joined the Summer of Service National Affiliate Network, a national campaign sponsored by the Corporation for National and Community Service to engage more youth in service projects during the summer months. The LEAGUE, along with dozens of other youth-serving organizations that are committed to improving communities, have agreed to promote the campaign throughout our networks from June 15 to August 31.

To help stimulate ideas and provide tips on how to set up high-quality service projects, The LEAGUE has created helpful materials for participants. Resources include Youth Activities and Reflections, and can also be viewed on the Learning to Give Web site, www.learningtogive.org

Nominate a minority volunteer to recognize their voluntary efforts and Save the Date for the Minority Volunteer Recognition Breakfast!

The Minority Volunteer Recognition Breakfast was an outcome of United Way of Central Indiana's Committee on Diversity's desire to recognize outstanding minority volunteers within our local community. As a result, United Way of Central Indiana partnered with the Indiana Black Expo, Inc. in the summer of 1983 to host the very first breakfast. When the event started in 1983, six awards were given and approximately 178 people attended. Very quickly, the attendance and number of nominees increased. The purpose of the recognition breakfast is to recognize outstanding minority volunteers, people who give their time and talents to help people in need and make a contribution to their community. Their contributions to nonprofit organizations are essential and invaluable.

This year's breakfast is **July 21, 2007 at 8 a.m.** at the Indiana Convention Center. Please help make this event a success by nominating a minority volunteer in our community to recognizing their hard work. Then join everyone at the breakfast to see the honorees. Tickets are available for \$20 each.

To receive a nomination form, or purchase tickets for the breakfast, please contact Joyce Rose at 317-921-1271 or joyce.rose@uwci.org. You may also go to www.uwci.org and click on the events link to download a breakfast nomination form. Questions and comments may be directed to Monica Nicholas at 317-921-1274 or Monica.Nicholas@uwci.org. Included with your ticket is admission to the Indiana Black Expo's Summer Celebration.





The next meeting of the Indiana Commission on Community Service and Volunteerism will be held on May 29, 2007, from 1:30 to 4:30 PM. This meeting will take place in Conference Room 4 at the Indiana Government Center, located at 302 West Washington Street, Indianapolis.

On May 10th, Governor Daniels signed into law a cigarette tax increase that will include a \$1.2 million appropriation from the new cigarette tax for Indiana Tobacco Prevention and Cessation (ITPC). The General Assembly recently passed House Bill 1678, which includes a 44-cent per pack tax increase on cigarettes to fund crucial health care programs for uninsured Hoosiers. This bill became a law with Governor Daniels' signature and will go into effect on July 1st. The increase will raise an estimated \$260 million a year and will fund the "Indiana Check-Up" insurance plan for about 132,000 Hoosiers who can't afford health insurance. For more information visit <http://www.in.gov/itpc/>



The National Wildlife Federation (NWF) annually sponsors the Great American Backyard Campout on the fourth Saturday in June (6/23). This one-night event encourages families, youth, and individuals to camp out in their backyards or local parks to discover the outdoors. For more information, please visit <http://www.backyardcampout.org>

Don't forget to mark your calendars and register for the Cultivating Hope, Creating Opportunity: Impactful Youth Development Workshop. This special workshop will be held on June 26th, from 8:30 AM to 5 PM, at the Indiana Government Center South Auditorium, 302 West Washington Street, in Indianapolis. For more information, go to <http://www.hcet.org/events/youthdev.htm#reg>



Having difficulty planning this year's family vacation? The Indiana State Festival Association website is a fun and friendly place to plan a vacation, find entertainment in your own backyard, or locate a festival that deals with one of your favorite activities. You can search by month, by location, or by a specific date. Go to <http://www.indianafestivals.org/> for places to go on your next family trip!

"Character is made in the community as well as in the individual by assuming responsibilities, not by escaping from them."

Herbert C. Hoover

Training Calendar

May 28 – June 8, 2007

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May 31st, 8:30am-12:30pm

Faith-Based Volunteerism

Topic(s) covered: Volunteerism

Sponsored by: The Carpenters Son

Location: 1165 S. Creasy Lane, Lafayette, IN

Fee: \$25

Contact: Jillian M. Miller (765-413-6049), <http://www.inrn.org>

May 31st-June 1st, 8:30 am-5:00 pm

June 7th-8th, 8:30 am-5:00 pm

Building the Annual Fund

Topic(s) covered: Resource Development, Fundraising

Sponsored by: Indiana Youth Institute

Location: Earlham College, 801 West National Rd., Richmond, IN (5/31-6/1)

Location: Indiana University Southeast, 4201 Grant Line Rd., New Albany, IN (6/7-6/8)

Fee: None

Contact: Indiana Youth Institute (317-396-2700), <http://www.iyi.org>

June 4th-8th

Grantsmanship Training Program

Topic(s) covered: Grant-Writing

Sponsored by: The Grantsmanship Center

Location: Allen Co. Public Library, 900 Library Plaza, Fort Wayne, IN

Fee: \$875

Contact: Marilynn Fauth (260-421-1238), <http://tgci.com/training/state.asp?statename=Indiana&statefile=indiana&statecode=IN>

June 5th 9am-12pm

Board Governance

Topic(s) covered: Boards

Sponsored by: Decatur Co. Community Foundation

Location: Greensburg Learning Center, 422 E. Central Ave., Greensburg, IN

Fee: Not yet determined

Contact: Lesley Devine (765-288-5586), <http://www.inrn.org>

June 5th 1-4pm

Boards Role in Fundraising

Topic(s) covered: Boards, Fundraising

Sponsored by: Decatur Co. Community Foundation

Location: Greensburg Learning Center, 422 E. Central Ave., Greensburg, IN

Fee: Not yet determined

Contact: Lesley Devine (765-288-5586), <http://www.inrn.org>

June 6th- June 8th

Advanced Financial Management Bootcamp for Nonprofit Executives

Topic(s) covered: Finances

Sponsored by: Lumity Nonprofit Finance Center

Location: 29 E. Madison St., Ste 1005, Chicago, IL

Fee: \$815, \$950

Contact: Nonprofit Financial Center (312-372-7962)

For more information: <http://www.nfconline.org/main/training/bootcamp.htm>

June 8th 11:30am-1:30pm

Wabash Nonprofit Alliance – Session One

Topic(s) covered: Leadership, Networking

Sponsored by: Wabash Co. Non-Profit

Location: 275 W. Market St., Wabash, IN

Fee: \$10, \$15

Contact: Kim Johnson (574-295-1650 x205), <http://www.inrn.org>

Get Outside and Play – But Remember to be Safe

The long hot days of summer have finally arrived so it's time to turn off the TV, go outside and have some summer fun! For kids, summer is the best time for swimming, running, biking, hiking, exploring and just having fun. And for parents, it's an excellent time to keep kids active and fit, without a lot of extra effort. Here are some activities and safety tips from FitCity to help your family enjoy the summer.

Entertain (and exercise) in Your Own Backyard

Outdoor exercise is one of the best ways to entertain and improve your child's health – and it can be done without leaving your backyard. Get creative and have fun by sending your child on a scavenger hunt or hosting a mini Olympics; play a game of tag or hide and seek; or grab some chalk and play hopscotch. Remember to stay safe in the sun by protecting your child's skin with sunscreen.

Summer Fun with Water

Water activities are one of the best things during the hot, hot summer. Whether you splash around in the pool, chase each other around the yard with squirt guns or run through a sprinkler it's important to remember to drink water too. Experts recommend drinking eight glasses of water every day, but with the summer heat you should drink even more to stay hydrated.

Roll Around Town

Longer days mean longer hours for bike riding, skateboarding and roller skating – all of which are a great form of exercise. But before you and the kids rush out and hit the pavement, remember to exercise safety by putting on helmets (don't forget the shin guards and wrist guards for skates and skateboards). Parents need to be a positive role model (and protect their own heads) by wearing helmets, too.

Take a Hike

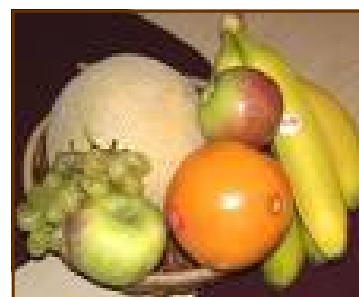
Warm weather provides families the opportunity to explore the outdoors. Pack a backpack with healthy snacks and water, put on your favorite pair of boots and hit the trails. Pace yourself though. Encourage kids not to exhaust themselves early by running at the beginning of the hike. The heat can cause kids to run out of energy earlier than normal.

Summer Treats

Ice cream is a popular summer treat that can cool you off after a day of playing in the sun – but it may not always be the healthiest. Eating healthy doesn't mean losing flavor. Consider sherbet, frozen grapes, low-fat yogurt or a bowl of berries. Here is one fruit-filled snack that is as fun to make as it is to eat.

**Fun Summer Fruit Kabobs
Ingredients**

1 Apple
1 Banana
1/3 cup red seedless grapes
1/3 cup green seedless grapes
2/3 cup pineapple chunks
1 cup nonfat yogurt
1/4 cup dried coconut, shredded



Directions:

1. Wash and cut the fruit into small pieces and squares and place onto a large plate.
2. Spread coconut onto another plate. (*you can substitute with granola or nuts*)
3. Slide pieces of fruit onto skewer and design your own kabob by putting as much or as little fruit as you want until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, then roll it in the coconut.

Repeat until you use all of the fruit.

Nutrition information (per serving): 141 calories, 3 g fat, 28 g carbohydrate, 3 g fat, 1 mg cholesterol, 2 g saturated fat, 52 mg sodium, 103 mg calcium, 0.5 mg iron, 3 g fiber

No matter what you do to enjoy your summer, FitCity encourages you to get up, get moving and incorporate healthy living into your life. FitCity is designed to educate and motivate local residents to make a healthy move and shake Indiana's title of the "tenth fattest state in the nation." To find fitness, nutrition or wellness resources around Indianapolis, local residents can call 2-1-1 or log onto www.INShape.IN.gov or www.fitcity.info.